



City of Newton, MA

INVEST IN YOURSELF

November 2011

UPCOMING EVENTS

- Sign up for Lunchtime Chair Yoga... Starts Dec. 1
- Finale Event Nov. 15, War Memorial, 12 noon to 1:30 p.m.

DON'T
FORGET TO
TURN IN
YOUR
RAFFLE
TICKETS!

QUESTIONS?

Email Invest in Yourself
wellness@newtonma.gov

Newton Department of
Health & Human Services
1294 Centre Street
Newton, MA 02459
T: (617) 796-1420
F: (617) 552-7063

EAT BEFORE YOU GO

This time of year can be difficult to keep yourself on track with fitness and nutrition. Holiday parties bring grazing on food you normally would not eat. Often these parties can prove to be more of a test of will rather than a time to celebrate with friends and family.

Do yourself a favor and eat a healthy meal or snack before heading out to face your favorite Pecan Pie. You will not only graze less but you will have more strength when saying no to that second helping and still be satisfied.

Here are some other tips to get you through the holidays:



- Don't skip your workout! Making sure you move every day, even if it is only 10 minutes, can do more than you think. Exercise helps regulate sleep, burn calories, and keep your body from becoming weak and achy.
- Plan Ahead - Pack up food the night before so it is ready to go in the morning. If not a meal, make sure to always have something on you at all times. A bag of nuts or a piece of fruit is easy to keep on you and can travel well.

FINALE EVENT

The Invest in Yourself Employee Health & Wellness Program Finale event will be held on Tuesday, Nov. 15, from 12 noon to 1:30 p.m. in the War Memorial Auditorium.

Check out the cooking demonstration and try samples, stress management information and games with prizes!

And most importantly,

turn in your points to participate in the raffle!

Participants receive one raffle ticket per 10 points earned. You may fill out tickets in advance, or on Finale Day. **All tickets must be turned in by 1:15 p.m.** Prizes will be drawn promptly at 1:30 p.m.

You do not need to be present to win. One team prize will be awarded to

the team with the highest average point total. Three themed baskets will be awarded to individuals who enter the raffle.

Don't forget to complete the post-program survey!
www.surveymonkey.com/s/InvestPost

Questions? Call x1420 or email
wellness@newtonma.gov



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SIGN UP WITH FIVI

Fivi is an online health resource where you can begin or continue the great wellness efforts you have made over the last couple of months.

Visit <https://newton.ma.fivi.com/> and check out all Fivi has to offer. You can map a running or walking route, find people to exercise with or log your workouts.

It's full of great information and resources to help you stay on track!

WANT MONEY?

The city health insurance plans include fitness reimbursements of up to \$150 for belonging to a qualifying fitness club.

Contact your insurance company or visit their website for information about how to claim this yearly benefit.

GET YOUR "D"

Vitamin D does more than just work with calcium to keep your bones strong. As the days begin to get shorter, Vitamin D can help to give you more of a sunny disposition.

With less time spent outside during the fall and winter, we are deprived of the "D" we usually get from the sun. Make sure you are getting adequate amounts as well as the rest of your nutrients by taking a multi-vitamin.



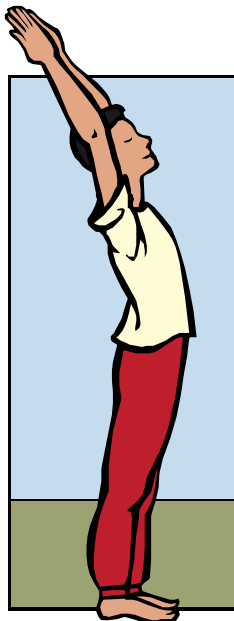
YOGA IN DECEMBER

This holiday season give yourself the gift of relaxation. Yoga is a great way to reduce stress and feel better all over.

Ruth Landsman will be teaching a half hour chair yoga class for City of Newton employees. The class is appropriate for all fitness levels and ages.

The cost to employees for this program is \$25 for the month. It will be held on all five Thursdays in December, 12:15-12:45 p.m. in Room 222. Six people are required for the class to be held.

Please call or email Teresa Kett in the Health and Human Services Department at x1427 or wellness@newtonma.gov with questions or to sign up.



HAVE AN IDEA?

The past 10 weeks have included a variety of health and wellness programs for City of Newton employees. Some have been successful, others have had few or no participants.

If you have an idea and a group of people interested in participating, please let us know by calling x1420 or emailing wellness@newtonma.gov